

HEALTH MORE THAN SUCCESS.

No One Has a Greater Share of Both Than Beautiful Marie Tempest.



Marie Tempest.

That stage fright is a malady which afflicts the most experienced and capable actresses well as beginners, is the unanimous verdict of the profession.

Miss Marie Tempest whose many successes upon the English and American stage, have placed her in the front rank of operatic stars, admitted frankly upon a recent occasion that she is frequently attacked by stage fright. Miss Tempest combines a voice of extraordinary pitch and sweetness with the dramatic terror of an emotional actress to a greater degree probably than any other prima donna now upon the English speaking stage, and the statement will be a surprise to thousands of her admirers whom she has impressed as the personification of supreme confidence and self-control. "The sensation is one of utter collapse," she said, "it is truly an awful feeling and is harder to overcome than anything else I know of. Players with a highly nervous organization are sure to be attacked by it when approaching the climax of an important part, or when appearing for the first time in a new play. These playing emotions rates are more susceptible to stage fright than others, because the individual capable of portraying those parts successfully is necessarily possessed of a highly nervous and impressionable temperament."

In one respect a highly developed nervous organization is beneficial to success, as, when it is a proper conception and feeling of the part to be acted are merged. You know an actress must not only understand her part but be so absorbed in it that she forgets her own personality, and for this the two being lived in her organism character.

"Then great nervous capability is a decided advantage of an actress."

"In the way I have described, yes; as a general proposition, no. The mental strain, the physical application necessary to a proper realization of the part, the apprehension that the audience may be criticizing you adversely, and the con-

sistent study of new roles, undermines the health and often cuts short the careers of the conscientious and ambitious actress. At the close of last season I was absolutely prostrated by nervous excitement and overwork. My nerves were so strung that the slightest sound started me, and I became sleepless, melancholy, and irritable. Sick and dejected, I sought the home of an old and dear friend, who immediately advised me not to use a brain and nerve food of which I had heard much but knew comparatively little. I would have taken such advice to give me, but I liked the taste of the preparation and continued its use. I had not continued one bottle when I found that my nervous system had resumed its usual tone. I no longer jumped at shadows, my appetite came back, each night brought sound and refreshing sleep, and I am now in perfect health and vigor, through a systematic use of Palmer's Cerebral Compound. The present season has been the most successful, and therefore the most exciting of my career, but the invaluable remedy which restored my health has also served in. I have recommended it to numbers of my friends, and in every case with most fortunate results."

The beautiful prima donna looked the picture of health as she spoke. Her large blue eyes sparkled with animation and her countenance lit up with an expressive smile that enhanced the charm of her manner as she remarked:

"I have found that devotion to a chosen pursuit is not incompatible with good health. If all the men and women, the clergymen, teachers, merchants, and lawyers in this busy country, whose overtaxed brains cry out in protest against the heavy burdens laid upon them, were to embrace this remedy, I am sure there would be a marked decrease in that terrible disease, nervous prostration, which seems fast becoming a national one with you Americans. Success is, indeed, a glorious thing, but believe me, health is better."

LOCAL MENTION.

The fourth of a series of sermons which Rev. McKirahan is delivering, will be given Sunday morning. They are entitled: "The Seven Sayings on the Cross."

Manager Elliott of the Grand and Crawford's is arranging to make a specialty of Saturday matinees, with all attractions playing at the Grand on Saturdays, at popular prices.

An enterprising scheme that Rev. Charles M. Sheldon is expecting to put forward, is that of using chemical experiments of his Sunday morning services to illustrate the gospel truths.

John White and Frank White who are charged with stealing a lap robe from W. F. Parker appeared in Justice Chayney's court yesterday but their case was continued until Friday, February 23rd, at 9 a.m.

Sunday evening, the Sunday school of the Lutheran church will give a concert in the church. It was postponed from last Sunday on account of the storm. It will be an entertainment consisting of recitations and songs by the scholars. The revival services held at the First Presbyterian church will be continued another week. On Thursday, meetings will be held at 9 a.m., 1 p.m. and 3 p.m. It will be a day set apart for prayer for the people of Topeka. Several of the city ministers will be present and a child born unto the old.

Mrs. Fred B. Gedier died Thursday morning at 9 o'clock at her home at Maple Hill. She was 75 years old and died of consumption. The funeral will be from the residence tomorrow.

J. E. Lefren, who was formerly civil engineer with the Santa Fe road, died last evening after a long illness of dropsy, at his residence west of the city. The funeral will take place from the family residence, one mile west of Washburn college, tomorrow afternoon at 3 p.m. It was Mr. Lefren who it was reported had attempted to commit suicide in St. Louis last summer. The report was afterward found to be without foundation.

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All sufferers from blood disorders can use Ayer's Sarsaparilla with assurance of cure.

COUNTY CLERK WINS.

Charles T. McCabe Will Name His Own Assistants.

THE COUNTY COMMISSIONERS YIELD.

The County Clerk to Be Treated With the Same Consideration as Other County Officials.

County Clerk McCabe is county clerk, and there is no mistake about it. The county commissioners before they adjourned this evening conceded Mr. McCabe the right to select his own assistants.

County Clerk McCabe renominated John M. Wright, the man whom the commissioners refused to confirm at their last meeting, and he was at once confirmed.

Mr. Wright who is now unemployed in the post office, will enter the clerk's office about the first of April, or as soon thereafter as he can be released from his present position.

It was a hard blow on the commissioners to be compelled by public sentiment to treat the young county clerk with the same consideration former officials have received, and in order to let themselves down easy they have prepared a statement for publication which is signed by the commissioners and clerk.

The statement is in line with the sentiment expressed in the well known lines in the opera *Milafado*, "It has nothing to do with the case."

Their statement is as follows:

In the matter of assistants in the county clerk's office, the clerk and each member of the board of county commissioners have agreed upon the following statement for the information of the public:

First—That, as the result of a full, frank and friendly conference, all disagreement and differences have been adjusted to the mutual satisfaction of the clerk and each member of the board.

Second—That, whatever differences may have existed, arose from mutual misunderstanding neither party to the controversy fully understanding the desires or purposes of the other party, and that neither Mr. Ritchie, Mr. Wright or Miss McArthur were at any time or in any manner parties to the disagreement.

CHAS. T. McCABE,
County Clerk.
J. LEE KNIGHT,
J. A. CAMPBELL,
D. A. WILLIAMS,
County Commissioners.

TOO MUCH ZEAL.

In Prosecuting a Man for Burning Up a Filthy Letter.

W. W. Critchfield went before Judge Riner in the federal court today with his attorney, J. T. Ward, and pleaded guilty to the charge of "tampering with the United States mails." He was fined \$1 and costs.

Critchfield lived at 325 Kline street with his young wife whom he had just married last spring about the time Postmaster Thomas made the change in the force of letter carriers. One day in May and his wife returned from a walk and found a letter under the door. He opened it without looking at the address, and his wife read the letter over his shoulder. It became evident as he read that the letter was not meant for him as it contained some obscene references very much "off color."

Critchfield was so angered at the vulgarity of the letter that he threw it into the fire.

The next day the letter-carrier called for the letter, stating that he had made a mistake in leaving it at the wrong house.

When he learned that Critchfield had destroyed the letter, he reported him and he was arrested. He was technically guilty of the offense charged against him, but when Judge Riner learned the details of the case he gave him the minimum sentence. Whatever began the prosecution had more zeal than sense, as the mailing of an obscene letter is itself a violation of the law.

HIS EYES TURN GREEN.
A Violent Maniac Brought From Jefferson County to the Asylum.

James Crowley, the maniac from Jefferson county who has been in the Shawnee county jail for more than a week, because there was no room for him in the state Insane asylum, was transferred to asylum last night by Sheriff Naylor.

Crowley was employed in a brick yard at Holton and is said to have gone insane because of domestic trouble which culminated in his wife leaving him. His insanity takes a peculiar trend, in that he thinks the doctors have cut out his stomach, heart, kidneys and other vital organs, and he is consequently most abusive toward the entire medical profession.

Crowley is wild at times, and it was necessary to remove him from his first cell to stronger one. It is said at the jail that Crowley's eyes turn green when he gets in a rage. No one dared to enter his cell and it was therefore becoming difficult.

CELEBRATE ALL DAY.

Democrats Will Remember Washington's Birthday With "Dooties."

The Democrats of Topeka are going to have an all-day celebration of Washington's birthday, on February 22 next Thursday. Speeches and songs will be made during the morning, afternoon and evening, and there will be refreshments.

The rooms of the Democratic Flamingo club on lower Kansas avenue, where the celebration will be held, are undergoing an entire refresher for the occasion, and at the celebration there will be new paper on the walls and a new carpet on the floor.

A BIG FIVE.

It Made Reddy's Eyes Stand Out for He Had It So.

G. H. Reddy, a drunk man, was arrested last night in North Topeka by Officer Summers.

"You are charged with being drunk, are you guilty or not guilty?" asked Judge Ensminger this morning in police court.

"I guess I am guilty."

"The sentence of the court is that you pay a fine of \$5 and stand committed until trial."

"What did you say?" inquired Reddy.

"Five dollars," said the judge.

The man spoke as if the sum were a million. He was led away.

Peerless Steam Laundry 113 and 114 West 8th.

THE DREAD PNEUMONIA.

It Strikes Its Victims Without Any Warning.

SIGNS OF ITS COMING.

Its Ravages Are Increasing. What Can Be Done to Stay Its Progress?

During the month of January just past the ravages from pneumonia have been appalling. In the city of New York alone the deaths from the dread disease number more than 600, and judging from recent telegraphic reports we doubt not that the mortality has been correspondingly large in other parts of the country.

For reasons unknown to us, says the *New York Sun* in a recent editorial, the mortality from pneumonia has risen very greatly in recent times. Up to two years ago the average annual number of fatal cases of it was under 4,000, but in 1892 the number was 5,841, and last year 6,470.

The medical faculty ought to be able to give some explanation of this curious fact, and we should think, might be able to find some more effective means of dealing with this most deadly of all the maladies with which the city is afflicted.

While they are engaged in trying to discover an improved method of treatment, the people must strive to secure their own safety against the disease by avoiding the causes of it, so far as may be possible. If it once gets hold of the system, there is danger in trifling with it.

Pneumonia results from exposure, change of weather, prevails more among men than women, more among the apparently healthy than among the feeble. We are told the disease is invited by a certain condition of the system, indicated by occasional chills and fevers, a tendency to cold in the throat and lungs, rheumatic and neuralgic pains, extreme tiredness, short breath, pleuritic stitching in the side, hot and dry skin, loss of strength and vitality.

A celebrated New York physician told the Tribune that pneumonia was a secondary disorder, the exposure and cold being simply the agent which develops the disease, already dormant in the system, because the kidneys have been but partially doing their duty.

In short, pneumonia is but an early indication of a Bright's diseased condition. This impaired action may exist for years without the patient suspecting it, because no pain will be felt in the kidneys or their vicinity, and often it can be detected only by chemical and microscopic examination.

The disease is very obstinate, and if the accompanying kidney disorder is very far advanced, recovery is impossible, for the kidneys give out entirely and the patient is literally suffocated by water.

The only safeguard against pneumonia is to maintain a vigorous condition of the system, and thus prevent its attacks by using Warner's Safe Cure, which is the standard and only known remedy for effectively restoring full vitality to the kidneys. It does not pretend to cure an attack of pneumonia, but it can and does remove the cause of, and prevent that disease if taken in time.

It is the part of wisdom to foresee the result of neglect and to be governed accordingly.

NORTH TOPEKA.

Items of Interest from the North Side of the River.

Dr. Rudy has fitted up an office on Kansas avenue.

Mrs. J. B. Betts has returned from an extended visit to Horton.

Dr. Ayres removed his office to Grantville, where he formerly resided, today.

Mrs. J. N. Henry had a severe chill last night, which has developed into a serious case of material fever.

Mr. and Mrs. G. W. Turley, 1140 Quincy street, were the recipients of a valentine weighing 9 pounds. It is a girl.

Mrs. Chas. Steinberger was called to Hoyt the first of the week by the serious illness of her mother, Mrs. P. H. Stewart.

High five was the chief feature of the Ladies Benevolent society at Dr. Ryder's last evening. There were ten tables of players.

The family of S. G. Parkhurst has invited a few friends to meet Prof. Temple, of the State University, at their home tonight. The professor will give an exhibition in hypnotizing.

Frank Wager turned loose a jack rabbit on Quincy street yesterday. About twenty small boys and as many dogs joined in the chase, and the dog caught it after running about two blocks.

At the Kansas Avenue M. E. parsonage, Thursday evening, Rev. G. W. Browning united in marriage Mr. Arthur Merritt and Miss Sarah Louisa Rosenthal. They are making their home at 1008 Kansas avenue.

There will be special services of the Kansas avenue M. E. church this evening.

The regular quarterly meeting will be held tomorrow, Rev. G. W. Browning will preach in the morning, and Dr. G. S. Dearborn in the evening.

To correct the statement in Wednesday's and Thursday's evening *JOURNAL* that the walks were not cleaned of snow around the Grant school property, I wish to state they were cleaned on Monday; furthermore I did not receive any notice to do so by the police or any one else, for I do not need any, as I know my duties.

T. DANE.

Mr. and Mrs. W. S. Hamrick, 825 Monroe street, this morning, sustained the loss of their youngest child, Stella, from diphtheria. She was seven years old and had been sick but a few days. She was very popular among her playmates, among whom she will be sadly missed. Announcement of the funeral arrangements will be made later.

Attention, Knights.

All the members of Amity Lodge No. 281, Knights of Pythias, are requested to assemble at their hall on Sunday, February 18, 1894, at or before 1 p.m., for the purpose of marching in a body to the corner of Sixth and Quincy streets, where they will be met by the other K. P. lodges of the city. The different lodges will then proceed in regular order to the Lutheran church, corner Fifth and Harrison, where the Rev. Bro. Porch will preach the thirtieth anniversary sermon on "True Pythagoreanism."

AMOS N. GOODMAN, C. C.

H. C. BOWEN, K. of K. and S.

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